

1998 SIXTEENTH ANNUAL PROFESSIONAL SEMINAR AUDIO PRESENTATIONS

Seminar Theme: Discovering the Inner Healer with Hemi-Sync

Many of the presentations given at this seminar were preserved as audio files. To listen to these recordings, click on the links in the *Details* section below.

Effects of Therapeutic Touch in Reducing Pain and Anxiety in an Elderly Population

Ann Gill Taylor, RN, EdD - Dr. Taylor shares conclusive positive data on the “Effects of Therapeutic Touch in Reducing Pain and Anxiety in an Elderly Population” and mentioned Hemi-Sync-specific research in progress at CSCAT.

Breaking Free of Hidden Patterns

James Akenhead, EdD and Charlene Akenhead, EdD - Jim & Charlene discuss hidden patterns that, all too frequently, drive our lives and pinpointed Hemi-Sync’s effectiveness as a tool for breaking through and breaking free of them.

Hemi-Sync in Nursing Homes

Debra D. Davis, MEd, offers stories of introducing Hemi-Sync in nursing homes that are quiet miracles of dedication and persistence.

Hemi-Sync in Spain

Carol Sabick-Quinn, LLB, MBA examines Hemi-Sync’s continuing contribution to the healing haven she has created in downtown Madrid, Spain.

Hemi-Sync®, Sound and Resonance

Robert T. Hayduk, MA examine parallels between the Resonant Tuning in Hemi-Sync exercises and other ancient and modern methods of vocalizing to promote health. In the spirit of “Practice makes perfect,” Bob generously led the group in toning exercises before each presentation.

Inducing States of Consciousness with a Binaural Beat

F. Holmes “Skip” Atwater, BS examines the neurochemical mechanisms through which Hemi-Sync alters cortical arousal levels and stimulates corresponding changes in consciousness.

Sacred Spaces

Roberta Shoemaker-Beal, MFA uses graphics and lyrical prose to imbue her audience with a sense of sacred, healthy space and its unmistakable similarity to any space permeated by Hemi-Sync.

Stress Relief and Auto-Immune Diseases

James Beal, ME looks at Hemi-Sync for stress relief and its importance for those (especially women) confronting the growing host of autoimmune syndromes.

The Healing Outreach of The Hermitage

Gari Carter and Reverend Natalia Beck examine the healing outreach work of The Pilgrimage, work now intertwined with Hemi-Sync. After explaining polarity therapy, Gari led a lively interlude of polarity yoga.

The Sleep Better Workshop (Scott Taylor)